The Selection of Food.

The wise selection of food is influenced by many and various circumstances. Of these such as grow out of the climate, the season, of occupation, of temperament and the period of life and the state of health are the chief. We require certain foods in the frigid zone and widely different ones in the the torrid zone; one kind in summer and another kind in winter. The man who works with his muscles must feed differently from him who works with his brains, and from him who does not work at all. The child and growing youth require a differeent diet from that of the midle-aged and old. The persons of sanguine temperament can eat many things that "disagree" with him of a bilious and him of a nervous temperament. The invalid must be fed according to his special wants, which vary as diseases vary.

Taking the infinite number of combinations made by these infinitely varying conditions and circumstances, it is easy to see that the problem of the wise selection of food is for each individual at once difficult and delicate. It is possible, however, to strike a general average, as the makers of ready-made clothing do, and give bills of fare and rules of diet that will not very greatly "misfit" the average stomach. The man or the woman who insists on perfectly fitting garments must first have accurate measurements taken and a special artist employed to do the work. The man who would have his table exactly suited to his needs at all seasons will have to employ directly or indirectly many scores of people to do the work; should we say hundreds rather than scores we should probably speak more accurately.

Warmth and strength are the two objects for which we eat. It may be added that we often eat for pleasure also, and this makes us sometimes warmer than we should be, producing fever, sometimes weaker than we should be, but rarely colder or stronger. Writers on foods have therefore divided foods into those which produce warmth and those which produce strength. Carbon in its various forms—of starch, sugar, oil—is the fuel that keeps the temperature of the body at 98 deg., whether at the tropics or the poles, in the dead of winter or in the heat of summer. Nitrogen in its various forms produces strength in the body, and as it abounds in meat, eggs, milk and vegetable gluten, these foods are termed nitrogenous. In summer, when the mercury ranges in the eighties and nineties, it is easy to see that less carbon is required than in the winter, when we breathe a frozen air and are surrounded by snow and ice. Therefore our summer diet should contain less sugar, less starch, less oil than our winter diet. At this season we want acids, fruits, ice-creams and sherbets, cold beverages, salads. But the temperature of the stomach when performing its duties must not be reduced below the normal point, or trouble follows, and hence in tropical countries spicy and peppery dishes are used to counteract the effect of ices and cold dishes. This is given as simply a fact upon which to the reflective mind comment is unnecessary, considering that pleasure is a large motive with many people for eating. The hygienic philosopher will eat only what is "convenient" for him, what is wholesome, suitable, nutritious, using his stomach only for strictly legitimate purposes.

The nitrogenous foods contain carbon in less proportion than nitrogen, as the carbonaceous foods contain less nitrogen than carbon. There are no foods that are all either one thing or the other. Tigers in Central Park are fed on meat, and the carbon and nitrogen in it keep up their warmth and compel them to pace their cages restlessly to consume the unnecessary strength it gives. Some nitrogenous foods are more easily digested than others. These are in requisition for persons who work with their brains and nerves rather than with their muscles. Juicy steaks, not overdone, eggs, poultry, game, wheat bread are chief among foods of this class. Those who work with their muscles will not object to these dishes by any means, but they will add to them corn bread, beans, peas, cabbage, onions, cheese, potatoes.

Some foods digest almost immediately. There is mouth digestion, stomach digestion and bowel digestion. One gets hungry very soon after eating certain articles of food, because they are soon assimilated, and there is nothing for the digestive organs to exercise themselves upon. That meal is most skillfully prepared which is so composed as to meet all three digestions, first those of the mouth and stomach, afterward that of the bowels. Soups are digested in the mouth and stomach; the taste and smell of a nutritious soup refreshes the hungry soul. Meats and vegetables are digested chiefly in the stomach. All fatty substances must pass into the duodenum or second stomach, where they are mingled with the bile before they are digested. Hence pastries, nuts and rich puddings are always served after meats and the close of the meal. When skillfully blended in a healthy stomach and not permitted to overload it, they are not unwholesome. But on such occasions—Thanksgiving Days and the like—the digestive organs should not be robbed of the vital fluid while at their work by activities in other parts of the body.

In children, food for growth, no less than for warmth, strength and to supply waste, is demanded. "Milk is the growing food" said the foremost physician of this age When good wheat bread and vegetables are added to milk we have the ideal food for children. They require meat in very small quantities, if at all, but their diet must be suited to their various needs, and the food a child thrives on must be accounted good food for that child.

In old people whose vital heat is low, all the carbonaceous food they can digest is good for them; whatever "agrees" with them is good for them, and this in the last analysis is the fact respecting all ages and conditions.—*N. Y. Tribune.*

—To preserve citron, first peel it and cut in small pieces about an inch long, boil until tender in weak vinegar and water, drain this off and make a sirup of white sugar, and drop the citron in, flavor with lemon; a few pieces of ginger root add piquancy to the preserve. Can while hot, or put away in jars.

Green Manuring.

Unwise farmers too often continue to crop their fields until, like an utterly worn-out and broken-down horse which falls and dies in the harness, the soil fails to produce any crop at all. And then they are led to suppose that green manuring will restore them. But the great difficulty is to get anything to grow on such a soil, and a poor, light crop plowed in is of very little benefit, so that a long course of recuperation is required, and it necessarily proceeds very slowly. For nothing can come out of the soil that is not already in it, and it is in vain to look to the atmosphere for any help in fertilizing a poor soil. The atmosphere contributes carbonic acid to plants in abundance no doubt, and even carbonaceous matter may be made to undergo a process of nitrification in the soil and in its decomposition may act upon inert potash and phosphoric acid and liberate a portion of them; but plants can only avail themselves even of this source of supply in proportion to the supply of other elements required for their growth, and a weak plant has only a very small ability to help itself even to the superabundant carbon of the air. So that green manuring is a very poor resource for poor land, and, what is lacking in power for recovery in such case must be made up in time and labor.

The common opinion that green manuring is the universal panacea for worn-out land needs to be exploded and its futility exposed. It is questionable if it can be used in some cases with any good effect at all without some expenditure for artificial fertilizer to start it, and if it would not be cheaper to borrow money to start the process of improvement in this way than to spend weary years in the slow work of recovering what has been lost. A course of improvement of really worn-out land that is based wholly upon green manuring must necessarily be very slow, because practically nothing is added to the soil that is of any fertilizing value, all that can be done being to change the condition of what inert and insoluble matter already exists in an unavailable state and by the slow action of tillage, of the atmosphere and of the action of the decaying vegetable matter to gather together some plant food out of the present useless elements. It must be obvious to every thoughtful and considerate farmer that this can not fail to be an exceedingly slow operation, and that expectations of an early and conspicuous result will certainly be disappointed.

But this is no good reason why the practice should not be made use of for restoring worn-out lands when there is no other method available. It may be a last resource, and in such a case the best judgment needs to be exercised to prevent loss of time and labor. The crops chosen should be such as are not exacting upon the soil and such as can be most easily grown with the help of cheap and active fertilizers, such as lime or plaster. The method of tillage, too, is of importance, because this has much to do with the result. The best crop for this purpose is buckwheat, which will grow upon poor soils with far greater vigor than clover. The plowing and harrowing should be thorough, and a summer fallowing and liming would be advisable before a crop is sown. Then buckwheat may be sown in May at the rate of three bushels per acre, which is four times as thick as for an ordinary crop, but is requisite for this purpose. The buckwheat will be in blossom early in July, and may then be plowed down in its turn in September when in blossom, and the ground seeded to rye. The rye may be plowed down when in full growth late the next May, and corn may be sown in drills for fodder, a dressing of 200 pounds of plaster per acre being given. This crop may be cut when in blossom, which will be early in August, and the ground may be sown to mammoth clover with white turnips. The clover will make a sufficent growth before winter to escape damage, and the turnips should be left for shelter, although the best of them may be pulled and sold if there is a market for them, or they may be fed to the stock. With a fair crop of clover success is within sight, and it only remains to act with caution to insure it. The clover should be cut only for seed, and all the refuse returned to the land and plowed in with the stubble. The seed will pay more than the hay would and the land will be in better condition for the next crop, which should be corn. The ground may be sown with turnips to be plowed in in the spring, or clover may be again sown with the turnips among the corn, the turnips being chiefly left as before for protection and manure, a crop of hay taken and the sod plowed down the next spring, when oats may be sown. Rye may next be sown and plowed in the next spring for corn, and turnips and clover again sown with the corn. After this the land will be in a fair course of recovery.—*N. Y. Times.*

Cider Preservative.

As the cider-making season will soon be here, and as many persons would like to keep cider sweet, so as to use it for various purposes at times convenient to them, I copy the following communication from F. D. Slocum, published in the *Medical and Surgical Reporter* of Philadelphia: "About a year ago I analyzed a sample of a cider preservative that was being sold here at the rate of two dollars per ounce; it was simply *salicylic acid.* It has been extensively used here, and samples of cider that have been kept from six months to a year still have the peculiar flavor of sweet cider, and *are* sweet cider. One ounce is sufficient for a barrel of thirty-two gallons. Put the acid in the cider and mix it well; then bung up. It will not ferment."

The salicylic acid is quite cheap, an ounce costing but a trifle at the apothecary's; while the packages sold as "cider preservatives" were two dollars each. The difficulty of preserving cider free from fermentation has prevented its use, save for a few days after being made. It is a valuable drink—used with judgment it is really more valuable to many dyspeptics and weak people than many of the highly-esteemed, greatly-lauded aperient waters of Saratoga and other places, though nearly all of those waters are useful to many invalids.—*Cor. Germantown Telegraph.*

—Iowa has 400 creameries.

HOME AND FARM.

—Corn Fritters.—One-half teacup butter, the same of flour, one egg, pepper and salt; one pint grated corn, beat it up, and fry it on a well buttered griddle. They are as good as fried oysters.

—When quiet can not be secured, and baby is worried out and can't go to sleep, and nobody knows what is the matter, a soft napkin or fine towel wet in warmish water and folded over the top of its head, eyes and ears, will often act a charm, and it will drop off into a refreshing sleep in a few minutes.

—If there is a gully started in the pasture and you can get rye once to catch, it will hold and protect the young grass until a sward forms; and when hilly fields are cultivated in corn, if rye is sown in autumn, it will prevent the washing, which often exhausts the field more than the removal of a crop.—*The Cultivator.*

—Pickled Cauliflowers.—Take solid and white cauliflower; pull apart in bunches, spread on an earthen dish; lay salt all over them, and let them stand three days; then put into earthen jars and pour boiling salt and water over them; let them stand over night, then drain, put into glass jars and fill up with white vinegar prepared the same as for the onions.

—Tomato soup, if well seasoned, is relished by almost everybody: To one quart of water add eight large tomatoes, cut them in small pieces, boil for twenty minutes, then put in half a teaspoonful of soda, let it boil a few minutes more, then add about a pint of sweet milk; season as you would oysters; bread crumbs, sago, barley or rice may be added.

—Professor T. J. Burrill, of the Illinois Industrial University, is given as authority for the statement that in an experimental plantation of twenty selected species of forest trees, catalpa (speciosa or bignonioides?) "outgrew the black walnut, white ash, osage orange, American elm, European larch, and everything except the white willow and the silver maple.

—Young and tender plants may be transplanted without injury by using a length of stove-pipe for a trowel. Place the pipe over the plant, and press it into the earth to the depth of some four inches, then, by placing one hand under and tipping the pipe over, the plant may be readily removed to its new location without in the least disturbing the earth about the roots.

—Stew with Tomatoes.—Brown some small chops slightly in the pan with a finely cut onion. Take five or six tomatoes, cut them in quarters, put them in a saucepan with a piece of butter, pepper and salt, half a cup of water. Let them gently simmer till well done; strain them through culendar, and put them now with the chops, free from grease. Let simmer together for fifteen minutes and dish up together. Prepare with these macaroni, boiled in water and served with a little butter

The Malodors of Stables.

The Chairman of the Committee on Hygiene of the Medical Society, while on a visit to the West during the cholera epidemic of 1873, had his attention called to the savory and wholesome condition of even the commonest Louisville livery stables. They were as dry and sweet as a barn. Sawdust was used in large quantities, sometimes in the horse and cow stalls; at others only in the pathways or passages between them. All the boards were clean and dry. It is seldom that anyone can go into even what is called a well-appointed horse or cow stable without disgust, but in these common places there was no occasion for any.

On a subsequent visit to Memphis, on the yellow fever question, the mule pens and yards were found covered with sawdust nearly a foot deep. The animals looked sleek and comfortable. Since these years the Committee on Hygiene has been almost unremitting in its endeavors to have the maladors of stables and other scourges corrected. Dirty stables cause far more injury to the robust and well and incalculably more to the sick and delicate than is generally supposed, to say nothing of their unmitigated nastiness. Very many of the establishments, including the stables of milk dealers, are always kept as slovenly and filthy as if they belonged to the lowest and most debased classes, and were not surrounded by mansions in which the comforts of life are absolute necessaries. Many cow-stables in Connecticut and other country places are now liberally supplied with sawdust with great benefit to the milk, cream and butter. Every ordinary cow-stable is unfit for any civilized human being to go into. The old superstition, born of ignorance and long tolerance of filth, that the smells of horses or cow stables is wholesome, is very far from true. The majority of hostlers are ill, and if they have not good food and drink and much pure air elsewhere would soon fall victims to their dirty avocations.

Sawdust and shavings are thrown into the furnaces of wood factories in a most slovenly and wasteful way, producing large volumes of dense black smoke, which is oppressive to all in warm or muggy weather, and is especially damaging to those who suffer with diseases of the eyes, throat, lungs or heart. An immense quantity of fuel is daily wasted by the careless stoking of wood shavings and sawdust, and it is rather more difficult to prevent smoke while burning shavings than sawdust. There should be no such thing as a foul smelling or disagreeable smelling horse or cow stable in this broad land, as the remedies are so cheap and easy of application. The ravages of typhoid and typho-malarial fevers would be quickly checked, and the defilement of wells and drinking water, and milk diluted with it would soon be ended. Diphtheria and other malignant throat diseases and foul air bronchitis, consumption and pneumonia would no longer be heard of. Great epidemics of yellow and typhus fever could not arise, and the ravages of malignant smallpox and scarlet fever would be greatly lessened. That any civilized and self-respecting people should have so long not only endured, but fostered the intolerable nuisances and unmitigated beastliness which has grown up about horse and cow stables and the shrines of cloacina is almost incomprehensible.—*Cor. N. Y. Herald.*

The Ojibbeway War Dance.

Reader, did you ever see an Indian jamboree—none of your tame, listless affairs, in which the participants are attired in their ordinary every-day habiliments, but a real, live aboriginal circus, where each individual one is rigged out in all the pomp and glory of war paint and feathers and fantastic garbs—many half-naked, their bronzed bodies partly hidden by streaks of vermilion and yellow, and blue and white, and daubs of paint of all imaginable gaudy hues. They carry no tomahawks, and their guns are laid aside; but they present no less a fierce and warlike appearance because these familiar weapons are wanting. Sitting around in a circle, these fantastically decorated sons of the forest squat tailor-fashion, and, as the tom-tom, responding to the quickly plied stick in a dozen willing hands, gives forth a monotonous sound, assimilating with the chanting accompaniment, one fierce brave starts up and leads off in the mazes of the dance, then another and another, till a score or more of the savages are keeping tread to the not over-exhilarating music. Then a rest follows, and the tom-tom ceases its dreary din. But it is for a moment only; a wild whoop, and Manitobaness darts forward, recounting his heroic deeds. As he finishes the tom-tom again strikes up its monotone, and many braves join in the preliminary dance that leads to the war-path. One darts here with uplifted arm and snake-like movement, as if in pursuit of an imaginary foe; another creeps stealthily along, hiding himself as it were from the enemy; another covers the retreat, and in all shapes and figures they imitate the manoeuvering of Indian warfare. The tom-tom beats louder, the voices chant stronger and the sharp, shrill yells of the inspired warriors become frenzied shrieks, while the dance is made more madly wild and the strangely attired figures mingle weirdly in the scene. Another rest, and up springs Light-up-in-the-Sky—not a very tall man, as his name would indicate. He tells how he had taken the scalps of seven Sioux—the hereditary foe of the Ojibbeways—two near Fort Garry, two at Grand Forks and another on the plains. His deeds of valor recited, the war dance is resumed and continues with unabated vigor for a few minutes. Clear Sky, following his firmamently named comrade, recounts his exploits—he also had killed seven—and the dance is again resumed.' Another rest, and Floating Lily—a brawny chief, whose untrousered blue and white under-garment floating to the breeze should have more appropriately named him Floating Shirttail—darts into the center of his admiring brethren, and tells that, although in his first battle with the hated Sioux he had been unsuccessful, in the second fray he had captured six scalps and one in the third, and, he perorates, "that is the reason these quills are on my head, a mark of what I have done." Another frenzied yell, in admiration of his valorous deeds, and the dance again goes madly on. The tom-tom beats its loudest, the chanting increases in volume, the movements of the dancers more energetic, and, in a perfect pandemonium of yells, the war dance of the Ojibbeways comes to a sudden end.—*Winnipeg Times.*

—An eccentric citizen of Bangor, Me., who has no confidence in the science of architecture, placed a new water conductor along the eaves of a double tenement house, and subsequently found that the end which should have been the lower was in reality the higher, and that water would not run up hill. The discovery was embarrassing in its results, and the old fellow cogitated long and deeply in an effort to remedy the blunder. Finally he came to the conclusion that the best way to overcome the difficulty would be to remove the underpinning from the end of the house at which the gutter was too low, and then raise this end of the house by means of jack-screws. The result, so far as the water was concerned, was entirely satisfactory; but the owner of the other tenement was put to considerable expense and annoyance by the ceiling in his part cracking and the doors springing off of balance so they would not shut.

—The sun was shining brightly at Adrian, Mich., although there were indications of a distant storm, when a lightning stroke instantly killed Charles Mead, a boy who was playing ball. The bolt struck the boy's right temple, burned off his hair, stripped him of his clothes, and sent into the air the ball he held in his hand.

THE MARKETS.

NEW YORK, August 23, 1881.

CATTLE—Native Steers	$9 75	@	12 00
COTTON—Middling	..	@	12¾
FLOUR—Good to Choice	6 10	@	7 25
WHEAT—No. 2 Red	1 39¾	@	1 40¾
No. 2 Spring	1 26	@	1 28
CORN—No. 2	62	@	69
OATS—Western Mixed	42	@	50
PORK—Standard Mess	18 25	@	18 50
ST. LOUIS.			
COTTON—Middling	....	@	11¾
BEEVES—Choice	5 40	@	6 25
Fair to Good	4 00	@	4 75
Native Cows	3 25	@	3 75
Texas Steers	4 00	@	5 22
HOGS—Common to Select	6 55	@	6 90
SHEEP—Fair to Choice	4 00	@	4 75
FLOUR—XXX to Choice	5 90	@	6 65
WHEAT—No. 2 Winter	1 33	@	1 34
No. 3 "	1 25	@	1 25¾
CORN—No. 2 Mixed	61	@	62
OATS—No. 2	38	@	39
RYE—No. 2	1 12	@	1 15
TOBACCO—Dark Lugs	4 95	@	5 10
Medium Dark Leaf	5 75	@	7 25
HAY—Choice Timothy	18 00	@	18 50
BUTTER—Choice Dairy	19	@	21
EGGS—Choice	12	@	15
PORK—Standard Mess	18 75	@	19 00
BACON—Clear Rib	10⅝	@	10¾
LARD—Prime Steam	11	@	11¾
WOOL—Tub-washed, medium	33	@	39
Unwashed	23	@	23¾
CHICAGO.			
CATTLE—Native steers	5 40	@	6 50
HOGS—Good to choice	6 40	@	6 75
SHEEP—Good to choice	4 00	@	4 50
FLOUR—Winter	5 00	@	6 25
Spring	4 00	@	5 50
WHEAT—No. 2 Red	1 32	@	1 34
No. 2 Spring	1 33	@	1 34
CORN—No. 2	61	@	62
OATS—No. 2	36	@	37
RYE	1 04	@	1 05
PORK—New Mess	17 65	@	18 00
KANSAS CITY.			
CATTLE—Native Steers	5 10	@	5 50
Native Cows	2 50	@	3 50
HOGS—Sales at	6 00	@	6 50
WHEAT—No. 2	1 18	@	1 19
No. 3	1 10	@	1 11
CORN—No. 2 Mixed	67	@	68
OATS—No. 2	41	@	45
NEW ORLEANS.			
FLOUR—High Grades	6 50	@	7 50
CORN—White	72	@	80
OATS—Choice	58	@	60
HAY—Choice	19 00	@	22 00
PORK—Mess	17 85	@	18 00
BACON—Clear Rib	11¼	@	11¾
COTTON—Middling	....	@	12¾

—A few years ago a suit at law was commenced in Jones County, Iowa, over some calves. The case was tried several times and has been traveling about from one county to another, until at present it is in the District Court of Blackhawk County. A few days ago the costs were footed up, and they amounted to $2,303.75.

—Alexander Mitchell, the richest man in the Northwest, owns a house in Milwaukee which cost $1,500,000.

IRON EYES, the father of Bright Eyes, has six wives. Did Editor Tibbles realize when he married how many mothers-in-law he was getting?—*Boston Post.*

A MAN never knows what pluck is until he comes to pop the question to her father. That is, we've been told so.—*Boston Post.*

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